

Nutrient Standard Menu Planning Offer VS. Serve Rules

A student may not turn down the entrée. (Lunch)

An entrée is defined as:

A combination of foods or a single food item

Offered as the main dish

The central focus of the meal

Students must be offered a lunch that contains a minimum of three menu items.

- 1) entrée
- 2) side dish
- 3) fluid milk

Milk must always be offered but may be declined.

An entrée on a salad bar must contain protein (i.e. beans, cheese, eggs, etc.).

To count as a choice taken, the food must be served in its full planned serving size.

All self-serve bars must be monitored for a reimbursable meal.

Continually remind students about the number of items to select.

Before the meal is served, find out what is required for the meal to be reimbursable.



Enhanced Food-Based Menu Planning. **Offer VS. Serve Rules**

A student may decline any food item, including the entrée or milk.
Students must be offered a lunch that contains five food items from the four food components.
Milk must always be offered but may be declined.
For fruits and vegetables, $1/8$ cup is the minimum serving size.
Two or more different kinds of fruits and vegetables must be offered daily.
To count as a choice taken, the food must be served in its full planned serving size.
All self-serve bars must be monitored for a reimbursable meal.
Before the meal is served, find out what is required for the meal to be reimbursable.



CONSISTENCY COUNTS!

Offer a consistent number of menu items at each meal so the same number of menu items are always required for a reimbursable meal.

At lunch:

Number of
Menu items
Offered:
**Students
must take:**

3 or 4	2
5	3
6	4

At breakfast:

Number of
Menu items
Offered:
**Students
must take:**

3	2
4	3
5	4

Don't confuse the cashiers!



OFFER VS. SERVE

Number of Menu
items offered:
Number of items you
must take:

